

COMPARATIVE EVALUATION OF FUNCTIONAL OUTCOME OF DISCECTOMY ALONE AND DISCECTOMY WITH POSTERIOR LUMBAR INTERBODY FUSION FOR TREATMENT OF LUMBAR DISC HERNIATION

Abstract

Background:

The purpose of this prospective study is to analyze and evaluate the surgical outcomes of discectomy alone and discectomy with posterior lumbar interbody fusion in patients with lumbar disc herniation.

Materials and meathods:

This prospective study was done at Coimbatore medical college between June 2015 and September 2017. Eighteen patients who had lumbar disc herniation diagnosed clinically and MRI evidence of disc prolapse were included in this study. 8 patients were treated with posterior lumbar interbody fusion. 10 patients were treated with simple discectomy. The functional outcomes were analyzed using visual analogue scale and Oswestry disability index

Results:

The inference of the study is that long term visual analogue scale and Oswestry disability index is better in patients who underwent fusion surgery while the short term outcome is better in Discectomy group. Among the fusion group patients who underwent fusion with bone grafting alone have better VAS and ODI sores when compared to the group who underwent fusion with titanium cages.

Conclusion:

Discectomy done for symptomatic lumbar disc herniation is a useful procedure. But incorporation of a lumbar fusion may be considered an option when a herniation is

associated with evidence of spinal instability, chronic low-back pain, and/or severe degenerative changes, or if the patient participates in heavy manual labor.

Key words: Discectomy, PLIF, Low back ache, fusion